## **Aquatics Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45	10:00-10:45
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim
18+	18+	18+	18+	18+	18+
1:00-1:45	1:00-1:45	1:00-1:45	1:00-1:45	1:00-1:45	11:00-11:45
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
18+	18+	18+	18+	18+	8+
2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45	2:00-2:45	12:00-12:45
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
18+	18+	18+	18+	18+	8+
4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	1:00-1:45
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
8+	8+	8+	8+	8+	8+
5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	5:15-6:00	3:15-4:00
Learn to Swim	Open Swim	Learn to Swim	Learn to Swim	Open Swim	Open Swim
I & II	8+	18+	III&IV	8+	8+
6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00	4:15-5:00
Aqua Mix	Adult Open	Aqua Mix	Adult Open	Family Swim	Family Swim
18+	18+	18+	18+	18+	18+





Mayor Frank G. Jackson

Cudell Neighborhood Resource & Recreation Center 1910 West Blvd 216-664-4137





Afterschool Meals Ages 4-17 Monday—Friday 4:00-5:00 pm Saturdays 12:00-12:30pm

Weight Room and Fitness Room Monday - Friday 12:00-7:30 pm Saturday 10:00 - 5:30pm

18+

Circuit Training –Thursdays 6:30-7:30 pm Ages 18+

**Violin Lessons**—Monday and Wednesday 5:00-6:30p.m. ages 8-17

## **Gymnasium Schedule**



Pre-Registration **REQUIRED** for all activities



On the court & the gridiron!

Youth Volleyball Games Jr. Volleyball Games Sr. Volleyball Games Flag Football Wednesday
Monday
Tuesday
Tuesday, Wednesday &
Thursday

5:00-7:30p.m 5:00-7:30p.m. 5:00-7:30p.m. 5:00-7:30p.m.

Schedule is subject to change without prior notice.

Children 7 and under must be accompanied by an adult in the facility at all times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-12:45 School Group	12:00-12:45 School Group	12:00-12:45 School Group	12:00-12:45 Adult Gym	12:00-12:45 School Group	10:00-10:45 Open Gym 18+
1:00-1:45 School Group	1:00-1:45 School Group	1:00-1:45 School Group	1:00-1:45 Adult Gym	1:00-1:45 School Group	11:00-11:45 Open Gym 8+
2:00-2:45 School Group	2:00-2:45 School Group	2:00-2:45 School Group	2:00-2:45 Adult Gym	2:00-2:45 School Group	12:00-12:45 Open Gym 8+
3:00-3:45	3:00-3:45	3:00-3:45	3:00-3:45	3:00-3:45	1:00-1:45
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8+	8+	8+	8+	8+	8+
4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	2:00-2:45
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8+	8+	8+	8+	8+	8+
5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	3:00-3:45
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8+	8+	8+	8+	8+	8+
6:00-6:45	6:00-6:45	6:00-6:45	6:00-6:45	6:00-6:45	4:00-4:45
Open Gym	Volleyball	Volleyball	Volleyball	Family Gym	Family Gym
8+	15-17	8-11	12-14	18+	18+